

✠ *Fourth Sunday of Lent* ✠  
*March 15<sup>th</sup>, 2026*



**Sunday, March 15<sup>th</sup> – Fourth Sunday of Lent**

8:00 AM Holy Mass -Spanish-  
10:00 AM For the living and deceased members of the Albin, Duphiney and Walsh families. In memory of Mariana Coelho  
12:00 PM Holy Mass -Spanish  
6:00 PM Holy Mass -Spanish

**Monday, March 16<sup>th</sup> – Lenten Weekday**

8:00 AM That our bishops, and all who teach God's word may proclaim the need for repentance and ongoing conversion

**Tuesday, March 17<sup>th</sup> – Lenten Weekday**

8:00 AM That government leaders may hear the call of God to lead people in the ways of justice and peace  
7:00 PM Holy Mass - Spanish

**Wednesday, March 18<sup>th</sup> – Lenten Weekday**

8:00 AM That the catechumens of the Church may be blessed with deeper understanding of God's word and holiness of life as they prepare for their baptism this Easter

**Thursday, March 19<sup>th</sup> - St. Joseph, Spouse of the Blessed Virgin Mary**

8:00 AM That the poor, the homeless and the unborn may experience the protection of the God who guided Abraham  
7:00 PM Holy Mass - English

**Friday, March 20<sup>th</sup> – Lenten Weekday**

8:00 AM That God, who always hears the cry of His people who are being oppressed, may enable us to hear those cries and to save the poor, the vulnerable, and the unborn

**Saturday, March 21<sup>st</sup> – Lenten Weekday**

9:00 AM For all who have been called to their eternal reward, especially our relatives and parishioners  
6:00 PM Holy Mass - Spanish

**Sunday, March 22<sup>nd</sup> – Fifth Sunday of Lent**

8:00 AM Holy Mass -Spanish-  
10:00 AM In memory of Kenneth Walsh, requested by Kathy & Kyle Lamarre  
12:00 PM Holy Mass -Spanish  
6:00 PM Holy Mass -Spanish

Father,  
as you hear our prayers,  
bless us with the gift of repentance.  
May our lives bear the fruit of holiness.  
We ask this through Christ our Lord. Amen.

**THE BUDGET**

**Budget last week: \$ 8,884.11**

For those who wish to request Budget Envelopes for Tithing or who need a statement for your Income Taxes, please call Rectory at 421-6441



**Latest Medjugorje Message, February 25, 2026**

“Dear children, In this time of grace, anew, I am calling you to offer your lives to God that He may lead you towards the resurrection through your personal conversion. Little children, God is near to you and heeds your prayers, but you are lulled to sleep, and that is why He sent me to you to awaken you, and that you may shine holiness like a spring flower. Thank you for having responded to my call. ”



**Rachel's Vineyard Retreat**

A Rachel's Vineyard Retreat will take place April 17-19. The retreat offers healing for anyone who has been touched by an abortion. This weekend retreat provides participants an opportunity to process their pain and sorrow, to form spiritual connection with their child(ren), to experience the compassion and forgiveness of Jesus and to begin a journey toward healing. Retreats are offered in English and en español. All services provided by a team of trained individuals, a Catholic therapist, and trained clergy. Contact 401-278-2518 for more information and/or to register. All inquiries are strictly confidential.

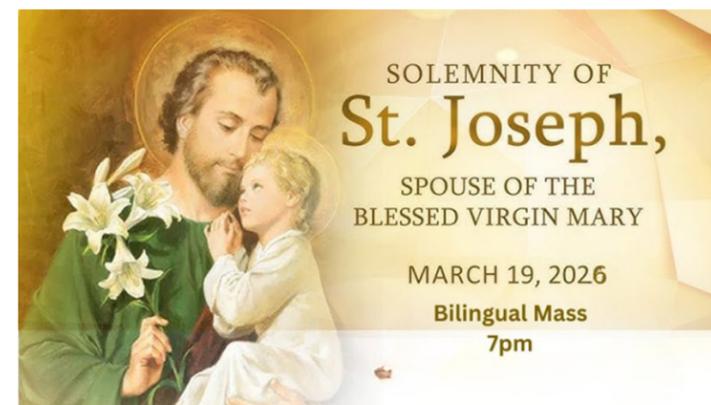


Today's Readings:

**Reading 1:** 1 Samuel 16:1b, 6-7, 10-13a

**Reading 2:** Ephesians 5:8-14

**Gospel:** John 9:1-41



Every Friday during Lent

6pm – 9pm

&

Every Saturday

4pm – 5pm



**Annual Rhode Island Catholic Men's Conference**

*A day of prayer and Reflection for Men*

Sponsored by the Men of Saint Joseph International



**MOSJI**

The day will include:

- Eucharistic Celebration
- Prayer & Worship
- Inspiring talks
- Round Table Discussions
- 7:45 - 8:30 AM – Registration
- 8:45 Conference begins
- 11:00 AM Holy Mass

**Saturday, May 2, 2026**

**Saint Augustine's Church**

**Providence, RI**

**7:45 AM - 3:00 PM**

**"Whoever believes in Me will do the works that I do"**

**John 14:12**

-----Speakers -----

Keynote Speaker  
Most Rev. Bishop  
Bruce Lewendowski  
C.Ss.R.



Rev. Christopher  
Mahar



Mr. Dennis Sousa



Coffee and pastry will be available in the morning Lunch will be provided

# GUIDE TO FASTING



## FRIDAYS OF LENT:

FEBRUARY 20, FEBRUARY 27, MARCH 6, MARCH 13,  
MARCH 20, MARCH 27, GOOD FRIDAY APRIL 3

### RULES FOR FASTING & ABSTINENCE

Catholics between the ages of eighteen and fifty-nine are required to fast and abstain from meat (fish is permitted) on Ash Wednesday and Good Friday. Catholics over fourteen should abstain on all Fridays in Lent.



The law of fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing—as far as quantity and quality are concerned approved local custom.

Ash Wednesday and Good Friday, we should not only abstain from all meat, but also fast by limiting ourselves to one meal for the entire day.

### TIPS FOR FASTING

**Start Slow:** If you're new to fasting, begin with small steps like skipping one meal.

**Stay Hydrated:** Drink plenty of water throughout the fasting period to stay healthy.

**Choose Wisely:** Opt for nutritious foods when breaking your fast to nourish your body.

**Pray and Reflect:** Use fasting as a time for prayer, self-examination, and drawing closer to God.

### BENEFITS OF FASTING

**Spiritual Growth:** Fasting can deepen our spiritual connection and focus during Lent.

**Self-Discipline:** The Catechism of the Catholic Church explains that fasting “helps us acquire mastery over our instincts and freedom of heart” (2043). Fasting teaches self-control and strengthens our willpower.

**Solidarity:** Fasting in solidarity with others fosters empathy and compassion.

### EXCEPTIONS TO FASTING

Those with health conditions, pregnant or nursing women, and the elderly are exempt from fasting requirements.

If fasting poses a risk to your health or well-being, you are not obligated to fast.

YOU ARE CORDIALLY INVITED TO THE

# CHRISM MASS



MONDAY, MARCH 30, 6 P.M.

*Cathedral of Saints Peter & Paul, Providence*



AT THIS HOLY MASS THE PRIESTS OF THE DIOCESE OF PROVIDENCE RENEW THEIR PRIESTLY PROMISES. THE BISHOP WILL ALSO CONSECRATE AND BLESS THE SACRED OILS USED IN THE SACRAMENTAL RITES OF THE CHURCH FOR THE COMING YEAR. ALL ARE WELCOME!



*Celebrant & Homilist*

MOST REV. BRUCE A. LEWANDOWSKI, C.Ss.R.  
BISHOP OF PROVIDENCE